

All About AES

The (mostly) weekly newsletter from AES

Our mission: Exceptional instruction without exception

October 5, 2016

Calendar

Oct 10 Columbus Day – NO SCHOOL

Oct 13 Pre-K to Cider Hill 8:30 – 11:00

Oct 18 Kindergarten to Applecrest 9:30 – 12:00

Oct 20 4th grade to SEE Science Center 8:45 – 2:30

Oct 31 Costume Parade 9:30 am

Nov 8 Election Day – No School for students – Parent/Teacher Conferences

Book Fair runs from Oct 20 – Oct 27

Principally Speaking

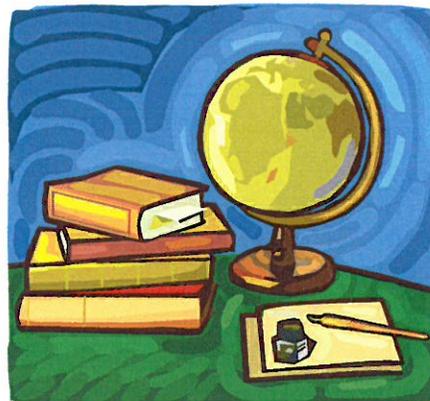
Professional Release Time or PRT

Five times over the course of the year we dismiss our students early for the purpose of creating time to work on our district programming. This year it takes on a whole new meaning as our entire district is examining all of our curriculum areas, from Art to Zoology and everything in between. Today, all of the professional staff are meeting at the High School to review the work done in August and September. Every teacher has been assigned to a specific area and our first job is to define what we are looking for in students when they complete their educational journey in the Amesbury Public Schools. These outcomes, or Transfer Goals, represents what we want these young people to be able to do independently with the skills and knowledge that they have gained over the years. We will then begin the process of defining the outcomes for each course or grade level, aligning them from Pre-K through Grade 12 so that our updated curriculum is fully aligned. Next week I'll address the added component of Social Emotional Learning (SEL)

In the News – What has happened is happening and will happen around AES

Liz Morris got a first-hand look at the very exciting world of Giant Pumpkins, when she was able to join the cheering as drama unfolded last Friday at the Topsfield Fair. The Fair record was smashed when a monster pumpkin weighed in at over a ton! Liz and the other teachers in the first grade team brought their students, along with a contingent of parent chaperones, to see the great pumpkin for themselves. The trip culminates weeks of fall harvest themed studies and gave many students their first up close look at the animals and spectacle of the fair. The weather was beautiful and our students wonderfully represented our school during their first field trip.

In technology class, first graders learned about bees and practiced using text tools to label diagrams of the honey makers. The students were amazed to learn that it takes 5,000 visits to flowers to make just one teaspoon of honey! Both third and fourth graders are off to a really great start with their keyboard practice. This skill will help them tremendously as they advance through the trades and find themselves needing to type ever larger documents.



Amesbury PTO ~ After School Enrichment ~ Fall 2016

Registration for Fall ASE classes is now open.

****PLEASE CHECK OUT SOME NEW AES CLASSES ADDED THIS WEEK!****

And please remember,

Registration for all classes will end Friday, October 7th at 3:00 PM.

WHAT IS AFTER SCHOOL ENRICHMENT? The Amesbury PTO is pleased to offer a variety of after school enrichment (ASE) classes at both elementary school locations. These enrichment classes are fun opportunities for parents, teachers or community members to share an interest or hobby with a small group of kids for an hour after school. Each class is held one day per week for four weeks. Classes for the fall ASE cycle begin the week of October 17th.

HOW TO REGISTER: Registrations are accepted on a rolling basis at each elementary school until the classes are filled or the registration deadline, whichever comes first. More information about the classes and the Registration Form are found on the following pages.

Registration forms and payment should be placed in the **PTO ASE DROP BOX** located in each school's main office. Please include the completed registration form and payment in a sealed envelope marked "PTO-ASE". Placements into open classes will be made based on availability. **Registration forms will not be accepted without payment** (cash, money order or personal check made out to "Amesbury PTO"). Please make certain to provide us with correct and legible contact information, **especially email**, on the form. This is how we contact you regarding your child's placement in the class as well as for any communication from the ASE Instructor.

Registration for all classes will end Friday, October 7th at 3:00 PM.

Classes begin the week of October 17th, 2016 and end the week of November 7th, 2016 (4 week session). When there is an early release or no school, there are no ASE classes. **Please note that there are no ASE classes Tuesday, November 8th and Friday, November 11th.** Classes will be made up on November 15th and 18th.

Bus transportation will not be available for ASE participants, and the PTO does not provide transportation to or from classes. Students taking a class at another school and Kindergarten students returning to school for 3:15 classes must find their own transportation.

Kindergarten classes run from 1:30 – 2:30, and students attending the Kindergarten-only classes must be picked up by a parent or guardian at 2:30PM. All grade 1 - 4 classes run from 3:15 - 4:15 PM, and students in those classes must be picked up no later than 4:20PM.

The PTO reserves the right to cancel a class if it is insufficiently enrolled.

Questions? Please contact Jen Clark: AmesburyASE@gmail.com or 617-416-4716.

AMESBURY ELEMENTARY SCHOOL AFTER SCHOOL OFFERINGS – FALL 2016:

AES #6	Creating Cursive	Monday, 3:15-4:15pm	Grades: 2 - 4
<p>Cursive writing is a style of penmanship that can be both beautiful and functional, making writing faster and more efficient, but it is sometimes considered to be a bit of a dying art in a world focused on keyboards and technology! AES parent Meghan Fulmer is excited to (re)introduce students to cursive writing through fun and age appropriate activities and projects.</p>			
Instructor: Meghan Fulmer		Limit: 12 kids	Cost: PTO member - \$20 Non Member - \$25

AES #4	Chess Club	Tuesday, 3:15-4:15pm	Grades: K* - 4
<p>Students learn respectful, thoughtful play through the game of chess. Patience, focus, and foresight are key to success, but winning is not emphasized. Students are encouraged to practice good sportsmanship in a positive learning environment. The very popular giant PTA chess set will be available for participants to use. We will also play using our fun Harry Potter chess set, and computer chess. Beginners are welcome.</p> <p>*Please note, Kindergarten participants must have transportation back to AES for the 3:15pm start time.</p>			
Instructor: Bruce McBrien		Limit: 12 kids	Cost: PTO member - \$20 Non Member - \$25

AES #1	Trucks and Trains	Wednesday, 1:30-2:30pm	Grades: K only
<p>Does your child love to play with trucks or trains? If so, we hope she or he will come join us as we learn more about them and how they help the community, through books, dramatic play, block building and arts/crafts projects to support your child's love of learning!</p>			
Instructor: Kris Darsney		Limit: 10 kids	Cost: PTO member - \$22 Non Member - \$27

AES #5	Animation Club	Thursday, 3:15-4:15pm	Grades: 1 - 4
<p>Participants will collaborate in teams to create digital animated short videos using Green Screen technology. Green screens let us put our own backgrounds in the movie, to make animations out of this world! Students should bring a shoe box and any props they wish to use for their animations throughout the sessions. Lego people, small stuffed animals or toy characters... almost anything, except food! We'll view examples of student work, brainstorm storylines, and write storyboards for the videos we create. Come ready to animate!</p> <p>Cost of class includes materials fee.</p>			
Instructor: Bruce McBrien		Limit: 12 kids	Cost: PTO member - \$25 Non Member - \$30

AES #2	Crafting Fun	Thursday, 3:15-4:15pm	Grades: K* - 4
<p>Fall is an extra-fun time for crafting! Participants will work on a different craft project each week, which may include seasonal favorites such as pumpkin decorating, leaf art, turkey crafts and/or holiday decorations.</p> <p>*Please note, Kindergarten participants must have transportation back to AES for the 3:15pm start time. Cost of class includes materials fee.</p>			
Instructor: Kathleen Aiken		Limit: 11 kids	Cost: PTO member - \$30 Non Member - \$35

CASHMAN ELEMENTARY AFTER SCHOOL OFFERINGS – FALL 2016:

CASHMAN #1	Youth Tennis	Monday - CLASS IS FULL!!
<p>Children will learn the basics of tennis including backhand, forehand, and overhand serves. Most importantly your child will learn to play in a social environment where etiquette and sportsmanship are taught and expected. All participants will have FUN while they learn new games and the skills of a life-long sport! Special guest appearances by high school coaches and AMS tennis players anticipated!</p>		
<p>Cost: PTO member - \$20 Non Member - \$25</p>		

CASHMAN #2	Cake & Cookie Decorating	Wednesday - CLASS IS FULL!!
CASHMAN #5	Cake & Cookie Decorating	Friday - CLASS IS FULL!!
<p>Children will learn how to decorate cakes and cookies. At the end of each class the kids will bring home a special treat that will be enjoyed by all!</p>		
<p>Cost: PTO member - \$20 Non Member - \$25</p>		

CASHMAN #3	Kindergarten Yoga	Thursday, 1:30-2:30pm	Grades: K only
<p>An introduction to yoga - what yoga is and how it can help us relax and breathe properly. The class will learn simple yoga poses that are fun and relaxing, incorporating stories and games. Children's yoga has many benefits, including: increased concentration, focus, attention and self-esteem, improved strength and flexibility, and decreased anxiety. Please have children wear comfortable clothes (no dresses/skirts/tights), as yoga is practiced barefoot. The instructor will have some mats available for use, but your child should bring a yoga mat if s/he has one, as well as water and a light snack to have prior to class. Children need to be able to listen and follow directions, for their own safety, and have an interest in yoga.</p>			
Instructor: Paula Wilson		Limit: 10 kids	Cost: PTO member - \$20 Non Member - \$25

CASHMAN #4	Yoga for Kids	Thursday, 3:15-4:15pm	Grades: 1 - 4
<p>Yoga has numerous benefits for children. It can help them learn to listen to their breath, slow down, stretch their bodies, and relax. This class will help with flexibility, strength, balance and self-confidence. Children will learn yoga poses and ways to reduce stress while having fun, through games, stories and practice. Please have children wear comfortable clothes (no dresses/skirts/tights), as yoga is practiced barefoot. The instructor will have some mats available for use, but please have your child bring a yoga mat if possible, as well as water and a light snack to have prior to class. Children need to be able to listen and follow directions, for their own safety, and have an interest in yoga.</p>			
Instructor: Paula Wilson		Limit: 10 kids	Cost: PTO member - \$20 Non Member - \$25

AMESBURY ELEMENTARY SCHOOL AFTER SCHOOL OFFERINGS – continued:

AES #3	Youth Tennis	Friday, 3:15-4:15pm	Grades: K* - 4
<p>One of the most popular athletic programs in Amesbury! Children will learn the basics of tennis, including groundstrokes, volleys, and even serves. More importantly, your child will learn to play in a social environment where etiquette and sportsmanship are taught and expected. And, participants will have FUN while they learn new games and the skills of a life-long sport! Special guest appearances by high school coaches and AHS tennis players anticipated!</p> <p>*Please note, Kindergarten participants must have transportation back to AES for the 3:15pm start time.</p>			
Instructor: Brett Manoloff		Limit: 10 kids	Cost: PTO member - \$20 Non Member - \$25

AMESBURY PARENTS/GUARDIANS, PLEASE NOTE:

The After School Enrichment Coordinator has made every effort to contact AES parents/guardians who have previously registered their children for ASE, to notify them of the additional class options that are now available.

BUT - if you enrolled your child in an AES After School Enrichment class prior to Wednesday, October 5th and have not yet received a message or email about the AES class additions and would like to add one of the new classes (Monday's Creative Cursive; Tuesday's Chess Club; and/or Wednesday's Animation Club) to your child's registration, send an email to **AmesburyASE@gmail.com** to notify the Coordinator – please include your child's name and class selection in the email. Additional class payment should be placed in the **PTO ASE DROP BOX** located in the ASE main office, in an envelope marked "PTO – ASE".

We apologize for the confusion, but are excited to be able to bring some additional enrichment class options to the students at Amesbury Elementary School.

Child's School:	AES	CES
PTO Member:	Y	N

Amesbury PTO
 After School Enrichment - Registration Form
(This form must be filled out completely and legibly)

Child's Name: _____ Grade: _____ Teacher: _____
 Parent's name(s): _____
 Address: _____
 Phone: (Home) _____ (Work) _____ (Cell) _____
 E-mail (very important, please write legibly): _____
 Emergency Contact: _____
 Emergency Contact Phone: _____
 Please list any medical concerns: _____

Class Name and #: _____ Cost: _____
 Class Name and #: _____ Cost: _____
 Class Name and #: _____ Cost: _____
Total Paid: _____

Kindergarten Only Classes now parent pick up only - NO BUSES

Please initial that you are aware of the 2:30 release for K only classes _____

Please make checks payable to Amesbury PTO
All classes are assigned on a first-come-first-serve basis.
The PTO reserves the right to cancel a class that is insufficiently enrolled.

By allowing my child to participate, I agree that the Amesbury PTO shall not be liable for any accident, injury, property damage, real or personal loss, to my child in connection with any programs or events. I assume all the forgoing risk and accept personal responsibility for any and all damages resulting from injury, and/or damage to any personal or real property, and resolve to hold harmless the Amesbury PTO, its officers, and their assigns.

I understand that there is no medical provider on site.

Signed: _____ Date: _____
 Print name: _____



Guidelines for When to Keep Your Child Home from School

The effect on a family with a sick child can be significant. Home, work and school lives are all impacted, and often at the least convenient times. To help with this difficult decision – to stay home or send to school - we ask that you please use the following as a guideline **for when to keep your child home:**

- **IF** your child needs Tylenol/Motrin for a fever at bedtime or prior to school hours - do not send or return to school until they have been fever free for 24 hours.*

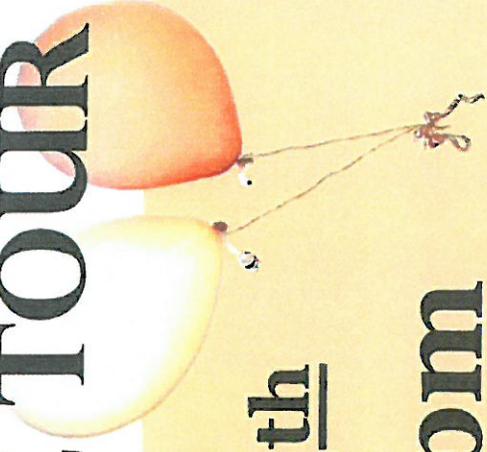
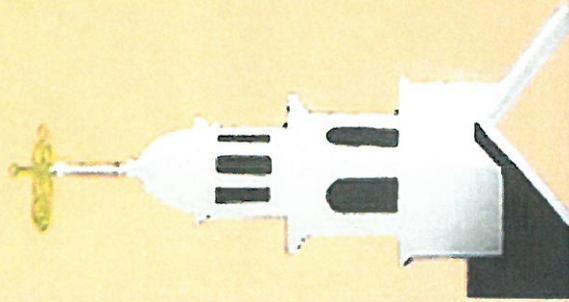
*Masking a fever with medication prior to school may relieve symptoms for several hours, yet does not diminish the spread of an illness. We ask that if your child needs a fever reducer prior to school, please do not send in to school.

- If your child vomits/throws-up within the past 24 hours, they should stay home until they have NOT thrown up for 24 hours.
- If your child displays lethargy (excessive fatigue) and lack of appetite.
- If your child has had watery stools/diarrhea within the past 24 hours.
- If your child is complaining of an intense headache, sore throat, body aches/chills or earache.
- If your child has a croupy (barking) cough, is coughing up excessive mucous, or has trouble breathing; they should be seen by their doctor.
- If your child wakes up with irritated or yellow/green discharge in corner of eyes they should be seen by their doctor to either diagnose or rule-out conjunctivitis (pink-eye).
- If your child has started a prescribed antibiotic, they may return to school after 3 doses or 24 hours.

When a child is truly sick, it is more challenging for them to learn. Let's work together for the ultimate goal:

~ Healthy body = Healthy Mind ~

POINT SHORE HOUSE TOUR



Saturday, Oct. 15th

10:00 am - 4:00 pm

From Point Shore to Downtown

Amesbury, Massachusetts

To Restore Point Shore's 1835 Union Church Meetinghouse

Tickets: \$20 order on line by Oct. 13 • **\$25** at the door
by mail allow ample time • pick up tickets at 350 Main Street

• By Mail - Send Checks to:

UCC Restoration Alliance • Box 208 Amesbury MA 01913

• For Information or To Order Tickets on Line:

www.PointShoreHouseTour.com

Sponsored by...

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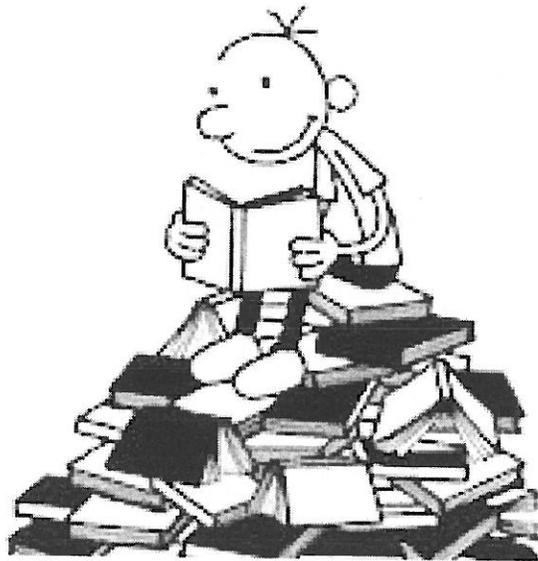
**STONE·RIDGE
P R O P E R T I E S**

STREET SMART. MARKET WISE.

The Scholastic Book Fair is Coming to AES!

October 20th through October 27th

AES Library



Pre-order the new Diary of a Wimpy Kid book,
“Double Down” using the attached form!

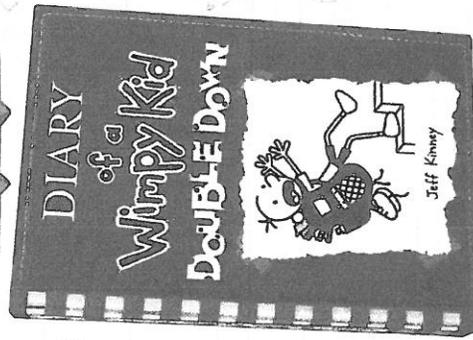
Children will visit the book fair during their library classes.
Parents are welcome to join them! Cash or credit only. No checks.
Please send money to school in an envelope with your child's
name on it. Thank you!

Please email me if you have any questions, or if you would like to
volunteer: Terri Anstiss, anstisst@amesburyma.gov

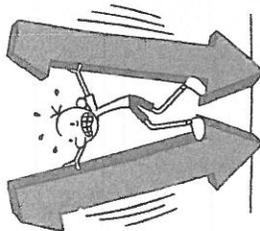
WIMPY KID GOES ALL IN

Reserve your copy of
*Diary of a Wimpy Kid:
Double Down* today!

- Jeff Kinney's newest book is scheduled to go on sale November 1, 2016.
- Our Scholastic Book Fair is offering a specially priced paperback edition of *Diary of a Wimpy Kid: Double Down*.
- To order your copy, complete a Pre-sale Form. *Due: 10/26
- Depending on your shipping zone most schools should receive the book within 5-7 days from the release date.
- There's NO cost for shipping, and remember, each purchase benefits our school.



Specially priced paperback edition
at the low price of **\$8.99**
Compare to hardcover list
price of \$13.95 elsewhere



Pre-Sale Form

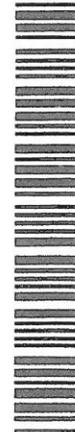
Diary of a Wimpy Kid: Double Down	Quantity	Price	Subtotal	Tax (if applicable)	Total
		\$8.99			

Payment must accompany order. Please make check payable to your school, enclose cash, or use a credit card at participating schools. Please return to your Book Fair chairperson in a sealed envelope.

I am enclosing \$ _____ in cash. I am enclosing a check for \$ _____ (Make check payable to your child's school.)

Student's Name _____

Teacher/Grade _____ Room # _____



366723



scholastic.com/bookfairs



These cards accepted at participating schools

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ATTENTION, CHAIRPERSON! Save this order form for your records and use it when distributing books to students.

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AMESBURY ELEMENTARY-ID#: 05241
CASHMAN ELEMENTARY-ID#: 09334

Dear Parents:

Welcome back to the start of a new school year and to a new year of A+ School Rewards!

Beginning October 7, 2016, **AMESBURY ELEMENTARY – (ID#: 05241)** and **CASHMAN ELEMENTARY- (ID#: 09334)** have the opportunity to participate in and earn CASH from A+ School Rewards, a great fundraising program run through your local Stop & Shop!

PLEASE NOTE:

You DO NOT need to re-register your card if your school selection(s) remains the same as last year.

To participate:

- Visit www.stopandshop.com/aplus and scroll down to the center of the page to select **REGISTER YOUR CARD** from the red box on the right marked **FOR CUSTOMERS**; or,
- Call the A+ School Rewards Hotline at 1-877-275-2758 for assistance; or,
- Email the A+ Hotline. Please include the last name associated with your STOP & SHOP CARD, your 13-digit STOP & SHOP CARD number and our school name and school ID number* of our school (or the name, city and state in which the school is located) to: askaplus@cranecommunications.com.

* If you are supporting more than one (1) school, please include the ID numbers for both schools (or the names, cities and states of your schools.

To earn points:

- Use your registered STOP & SHOP CARD each time you shop at Stop & Shop, and you will earn CASH for our school. You can track the number of points you are earning for our school by checking your grocery receipt.
- At the end of each month, your points are calculated and converted to CASH rewards for our school. These CASH rewards are updated monthly on the Stop & Shop A+ website beginning in November.
- After the last day of the 2017 program, which is March 17, these same conversions are performed and the final *school account total* is posted.
- Our school will receive one CASH awards check at the end of the program and can use this cash for any of our educational needs.

Also, please encourage your family members and friends to support our school. This could result in more CASH REWARDS!

Thank you for supporting our school.

Sincerely,

Kathleen Aitken

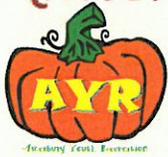
1-877-ASK-APLUS – 1-877-275-2758

www.stopandshop.com/aplus

askaplus@cranecommunications.com

Brought to you by

Amesbury Youth Recreation Amesbury Town Park - 140 Friend St.



October 22 10am - 1pm
1st Annual Fall Festival

Scavenger Hunt activities

- Pie throwing - \$2/throw suggested donation
- Bowling
- Face painting
- Supercuts Amesbury Crazy Hair Tent
*Washable gel hair color and more!
- Pumpkin art - **BYO real Pumpkin**
- Crafts
- Corn hole

Bring extra cash for:

- Suggested donation upon entry - \$2
- Raffle items - \$2 for 1 ticket, \$5 for 3
- Gift cards to local restaurants, sports tickets, tubing passes, Giggles basket, and more!
- Cider Hill Farmstand:** Enjoy farmhouse goodies from our friends at Cider Hill Farm!



Saturday, October 22 - 10am - 1pm:
 - 10:30am Event Opening -
Family friendly "Haunted" Costume Parade
 - Meet at the registration tent by the playground- Register from 10-10:30am for Parade & Scavenger Hunt. Free summer programs awarded to top 3 costumes!
 - 10am-11:30am -
Homemade Pie Contest Judging
 Submit pies to Shade structure by 10:15 am, prize winners announced at 11:30am
 - 11am -
Pie eating contest - Picnic tables in the Pines
 *pre-registration required - Max 24 per category (-16+)
 - 12pm -
Goodie Bag Pickup
 Pass in Scavenger Hunt cards at registration table for your goodie bag!
 - 12:30pm -
Raffle Drawing
 - 1pm - Event close -
 Thank you for joining us!

PIE CONTEST REGISTRATIONS

Homemade pie baking
 &
Day-of-event pie eating
 contest registration forms please visit
www.amesburyma.gov/youth-recreation

To donate - email - spiriton@amesburyma.gov

Thank you to our local donors!



CIDER HILL



Table Talk Pies
"America's Favorite Pie"

Newburyport

HODGIE'S ICE CREAM TOO!



Ben's UNIFORMS





First Annual Pie Baking Contest

Saturday - October 22, 2016

Amesbury Town Park - 10am pie drop off

Autumn is here! Join us at the first annual **Scavenger Hunt** at the Town Park and enter your own homemade pie into our **Pie Baking Contest!** Entrance into the contest is **FREE** - all we ask is that you donate your pies to the contest for others to taste, vote on, and enjoy!

Rules:

- All pies must be submitted to shade structure pie contest officials by 10:15 am. Judging/voting will begin at 10:45 am. No pie entries will be accepted after 10:30 am.
- Please submit **2 pies** so that there may be enough for **tasting and photographing purposes**-
- All pies must be **100% homemade** - storebought fillings & crusts are not permitted.
- All pies will be judged by the public & an esteemed panel of pie enjoyers
- You may enter your pie in someone else's name (ie. your child, another family/friend)
- A recipe or ingredient list **must** be submitted with your pie entry with all ingredients for allergy safety purposes. Any pies entered without ingredient lists will be disqualified
- Pies may be fruit or custard, **please be sweet to us and refrain from entering savory pies**



Awards courtesy of LeRoux Kitchen:

- 3rd place - 3rd Place certificate - Oven glove
- 2nd place - 2nd Place certificate - Pie contest apron
- 1st place - 1st Place certificate - Ceramic pie plate



Pie Baking Contest - 2016 Registration

Thank you for registering for the 1st annual Pie Baking Contest held by Amesbury Recreation! Please complete the following registration steps and submit this form to the Registration office no later than Wednesday, October 19th at 4pm. Completing this form means that you will be expected to enter at least 1 recipe into the contest held on October 22nd.

Name: _____

Alternate entry name (if different than your own): _____

Pie name: _____

Address: _____

Phone: _____

Email: _____

Ingredient List (please include all ingredients for allergy safety purposes):

By signing below I agree to abide by all Pie Contest Rules as set forth by Amesbury Recreation. I understand that I and/or my dish may be photographed and published on any of Amesbury Recreation's online and print platforms for present and future publicity purposes.

Signed: _____ Date: _____

2016 Amesbury Holiday Program

Need help for the holidays . . . ?

If you are an Amesbury resident and need assistance to purchase gifts for your children please sign-up to participate in our gift program on one of the following dates at *Community Action on 44 Friend Street*. If you do not sign up on these dates you will not be eligible for assistance. There will be **NO LATE SIGN UPS** . **Please sign up early to avoid the last minute Rush**

Sign-up dates:

Tuesday, 10/11/16 5:30-7:30pm Thursday 10/13/16 5:30 - 7:30 p

Friday, 10/14/16: 8:30-10:30 am

Tuesday 10/18/16 5:30-7:30pm Thursday 10/20/16 5:30-7:30pm

Friday 10/21/16 8:30-10:30am

Tuesday, 10/25/16 5:30 -7:30pm Thursday 10/27/16 5:30-7:30pm

Tuesday, 11/1/16 5:30-7:30pm Thursday 11/3/16 5:30 -7:30pm

Friday 11/4/16 8:30-10:30am

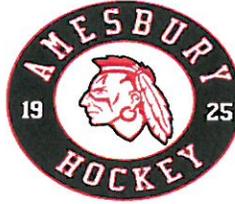
The Amesbury Holiday Program is a PRIVATE non profit organization .. For sign ups our program uses community action's space . **For Questions regarding the program call Raelene at 978-388-0626. Instead of Community Action.**

All participants **MUST** meet income guidelines and are **required to bring with them** the following information when signing up for the program:

1. ID verifying Amesbury residency (recent utility bill, rental agreement, etc.)
2. Verification of income (recent bank statement, tax form, last 4 pay stubs, and/or unemployment or disability information) for each family member.
3. Birth certificates of all children to be registered.
4. Gift requests and clothing and shoe sizes for the children.

The Amesbury Holiday Program provides Amesbury residents, who have children under the age of 18 that are in need of assistance to provide Christmas gifts.

Amesbury Holiday Program ..PO Box 324 Amesbury Ma 01913



AMESBURY YOUTH HOCKEY

LEARN TO SKATE PROGRAM

SATURDAYS @ 10 AM FOR 11 WEEKS

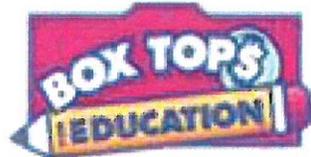
OCTOBER 15th - December 24th @ the Graf Rink, 10AM- 10:50

- INTRODUCE SKATERS TO THE FUNDAMENTALS OF SKATING IN ACCORDANCE WITH USA HOCKEY STANDARDS IN A SAFE AND FUN ENVIRONMENT
- NEW DESIGN WITH LEVELIZED INSTRUCTION TO ASSIST PLAYERS AS THEY ADVANCE THROUGH THE PROGRAM REGARDLESS OF PREVIOUS SKATING EXPERIENCE
- INSTRUCTION BY AYHL COACHES, AHS HOCKEY PLAYERS, AND EXPERIENCED ASSISTANTS
- FAMILY FUN SKATE DURING LAST DAY (12/24)
- ALL PARTICIPANTS ARE REQUIRED TO HAVE SKATES, HELMET, ELBOW AND KNEE PADS (GLOVES OR MITTENS RECOMMENDED)

The program cost is \$125. Registration is will be available online at ayhl.org. Hard copy registration forms are also available on the website under documents. For additional information visit ayhl.org and like us on Facebook. Questions can be directed to marshall.allen0@gmail.com or ingerson1978@gmail.com

SPACE IS LIMITED!!!

Keep an eye out for Box Tops & start clipping!



AES and the Amesbury PTO are holding another Box Tops for Education fundraiser. The class that brings in the most Box Tops wins a

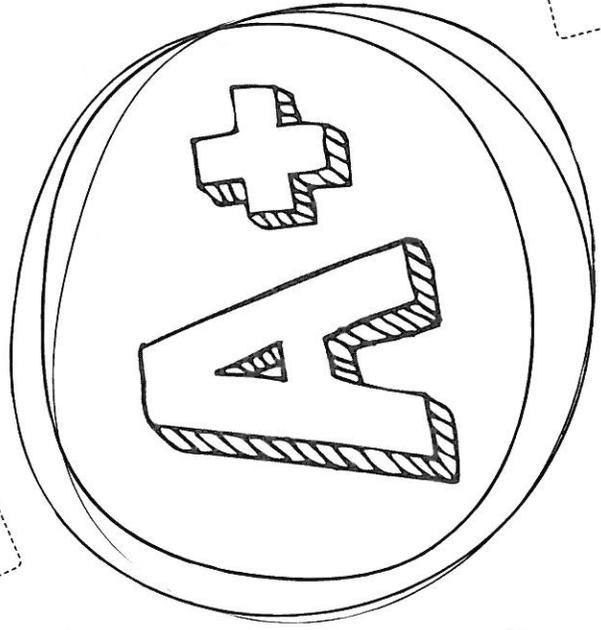
PIZZA PARTY!!

The winner in last year was Mrs. Naughton's room!

Last year AES received a check for \$1656.50 from ALL of your clipping and saving. Let's see if we can beat that amount this year!

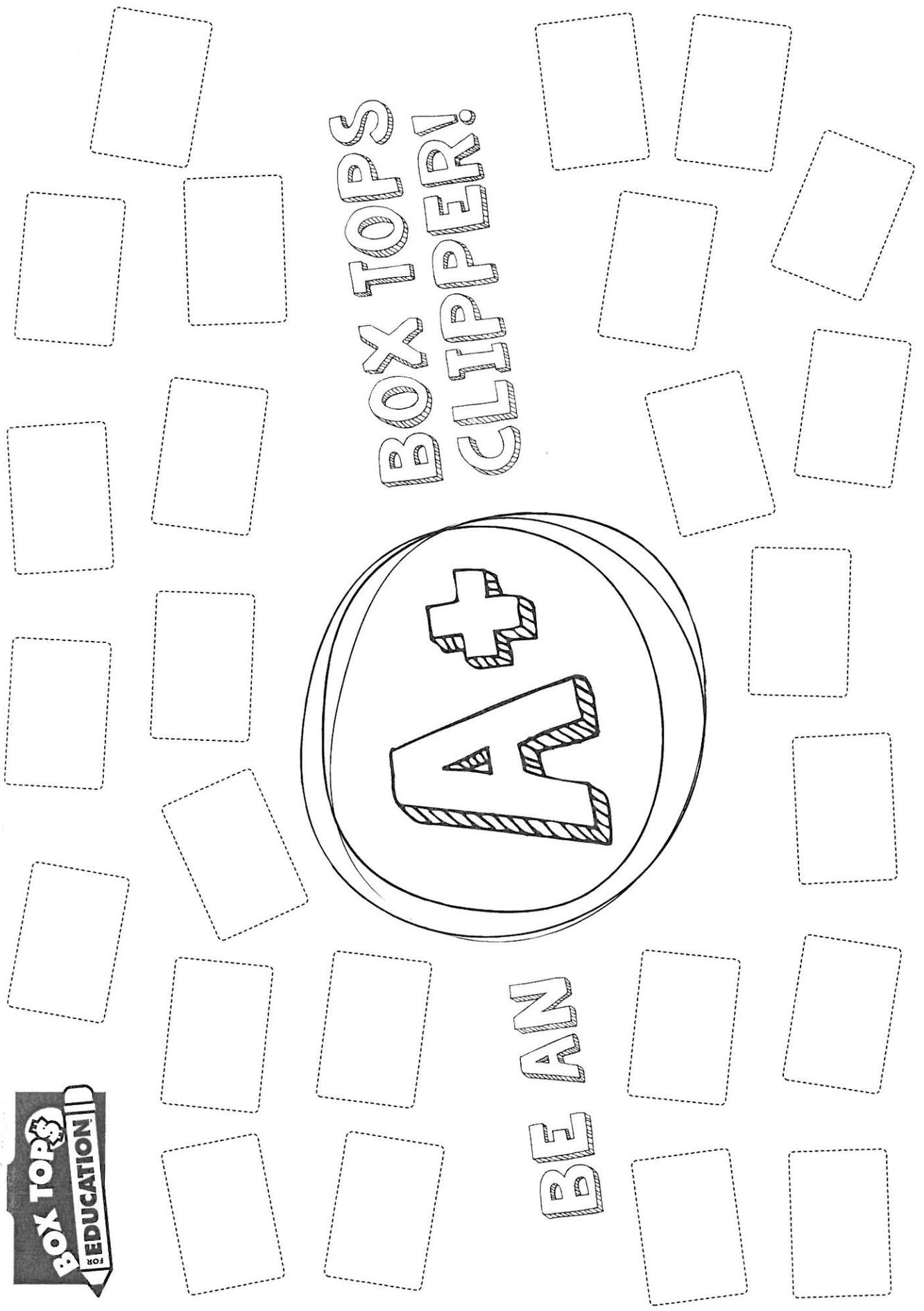
Use the collection sheet to pass in your BOX TOPS!
Make sure to write your name and teacher, so your class gets credit!

Good Luck!



BOX TOPS
CLIPPER!

BE AN



Thank you for helping! Clipped Box Tops are each worth 10¢ for your child's school.
Bonus certificates should not be attached to this sheet - please submit them separately.
To see more ways to earn cash for your child's school, go to BTFE.com.

NAME: _____

TEACHER: _____

NEW

EASY-TO-ACCESS SCHOOL MENUS

presented by  

amesburyma.nutrislice.com

get started!

Locate the website by typing in the URL above OR you may click the link located on the Parent Links page of the Amesbury Public Schools website.

If you prefer to use the smartphone app, download School Lunch by Nutrislice from Google Play for Androids or the App Store for iPhones.

USING THE WEBSITE

1. Select the grade level of your school.
2. Select the school menu you wish to view.
3. Once within the site, you will see the menu is interactive. If you hover over a food, you will be able to see an image and a description.

USING THE APP

1. Select your state, followed by your school district.
2. Select the grade level, school and then the school menu you wish to view.
3. Once within the menu, you will be defaulted to the current day. You can select a food to find its description.

QUESTIONS?

Contact Kevin Kish - Director of Dining Services @ 978-388-4800 X4339



look

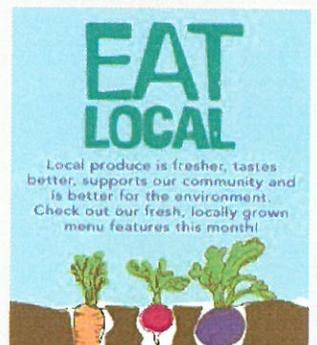
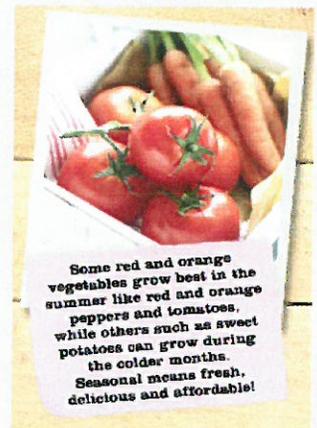
to the side of our menus for allergy filters, nutrition data and other exciting event information!

◀ Show special diets info

☰ View carb counts

Available Daily ▼

- 1% (low-fat) Milk
- Fat-free Chocolate Milk



NEW

EASY-TO-ACCESS SCHOOL MENUS

presented by chartwells  eat. learn. live.

 nutrislice

SCHOOL MENUS THAT ARE INNOVATIVE, VIBRANT, AND ACCESSIBLE!

The way you access school menus is changing, and we are sure you will love it! Amesbury, in partnership with Chartwells K12, is now using Nutrislice to publish the school menus to a new interactive website and a free smartphone app! Now you can access your menus anywhere, anytime!

NOW YOU CAN ALSO:

- **see** more information about menu items, including a photo and description
- **filter** common food allergens like nuts, wheat and dairy
- **translate** your menus into a number of different languages
- **access** nutrition information like carb counts and calories with just a few clicks!
- **print** a PDF version of the menus directly from the website, if you prefer



October 2016
Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	4 Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice	5 Pancakes w/Syrup Chilled Fruit Assorted 100% Juice	6 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	7 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
10 Columbus Day Schools closed	11 Sausage, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice	12 Mini Cinni French Toast Chilled Fruit Assorted 100% Juice	13 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	14 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
17 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	18 Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice	19 Pancakes w/Syrup Chilled Fruit Assorted 100% Juice	20 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	21 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
24 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	25 Sausage, Egg & Cheese on a Biscuit Chilled Fruit Assorted 100% Juice	26 Mini Cinni French Toast Chilled Fruit Assorted 100% Juice	27 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	28 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice
31 Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice	27 Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice	28 Pancakes w/Syrup Chilled Fruit Assorted 100% Juice	29 Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice	30 Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice

This institution is an equal opportunity provider and employer



Alternate Breakfast Available Daily

Cereal Bowl & Mozzarella Cheese Stick

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

Offered w/ Featured Fruit or Juice Sides
AND Choice of Skim, 1% or Fat Free Flavored Milk

*All grain items made with whole grain

A full student breakfast includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

Questions?
Please call Kevin Kish @
978-388-4800
X4339

October 2016
Elementary Lunch Menu
Amesbury Public Schools



	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Chicken Patty on a bun w/Lettuce & Tomato Crunchy Oven Fries	4 Campbell's Tomato Soup Toasted Cheese Sandwich Fresh Veggie Sticks	5 Italian Meatball Sub Crinkle Cut Fries Seasoned Mixed Vegetables	6 Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	7 Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	10 Columbus Day Schools Closed	11 Macaroni and Cheese Hot Dog on Wheat Bun Seasoned Broccoli	12 Pasta with Italian Meat Sauce Seasoned Green Beans Wheat Roll	13 Breakfast for Lunch!!! Pancakes with Sausage Patties Hash Brown Potato Patty	14 Cheese Pizza Dunkers w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Turkey & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	17 Chicken Nuggets!!! Mashed Potatoes w/Gravy Seasoned Corn Wheat Roll	18 Spaghetti & Meatballs!!! Seasoned Broccoli Wheat Roll	19 Nachos!!! Seasoned Beef w/ Tortilla chips, Cheese Sauce, Lettuce Seasoned Corn, Salsa	20 Breakfast for Lunch!!! Waffles with Sausage Patties Hash Brown Potato Patty	21 Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Pepperoni Pizza Bagel Fun Lunch, Chicken Caesar Salad, Sun Butter & Jelly Sandwich					
	24 Italian Chicken Parm Sandwich Mixed Vegetables Crunchy Oven Fries	25 Turkey Tacos!!! Mild Salsa Lettuce, Cheese Seasoned Corn Brown Rice	26 Chicken Caesar Salad made to order Mixed Greens topped with Chicken Nuggets and choice of Tomatoes, Cucumbers, Cheese and Croutons w/ Dinner Roll & Caesar Dressing	27 Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	28 Cheese Pizza Dunkers w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Ham & Cheese Junior Sub w/ Lettuce & Tomato, Sun Butter & Jelly Sandwich					
	31 Classic Cheeseburger on Whole Grain Bun Oven Baked Fries Lettuce & Tomato Seasoned Carrots	HAPPY HALLOWEEN Free Dessert with meal purchase on Monday, October 31 st !!!			
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	Choose with any Meal: Tossed Salad Broccoli Florets Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Fresh Cherry Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Cucumber Coins Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Chick Peas Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit

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Questions? Please call:
Kevin Kish – Director of Dining Services
978-388-4800 X4339

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate